

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Reduce Your Colorectal Cancer Risk

March is National
Colorectal Cancer
Awareness
Month

Your lifestyle can affect your risk for colorectal cancer as well as many other cancers. By eating healthy, being active, and getting screened regularly, you can reduce your risk for colorectal cancer—the second-leading cause of cancer deaths in the United States. Here are tips from the Cancer Research Foundation of America on how you can reduce your risk for this disease:

Get screened regularly—Colorectal screening tests can identify colorectal polyps that can become malignant. Removing benign polyps can prevent colorectal cancer. Three tests used for colorectal screening include fecal-occult blood testing, sigmoidoscopy, and colonoscopy.

Ask your doctor about the screening options and which one is right for you.

Eat lots of fruits, vegetables, and whole grains from breads, cereals, nuts, and beans—Research suggests a diet rich in fruits, vegetables, and whole grains will reduce your risk for colorectal cancer.

Exercise regularly—Some research has shown that regularly exercise may help to reduce the formation of colorectal polyps.

Don't smoke—Recent studies have shown that using tobacco may significantly increase your risk for developing colorectal cancer as well as several other cancers.

Drink alcohol in moderation—If you drink alcohol, do so in moderation. Excessive alcohol use may increase your risk for colorectal cancer. For additional information visit: the Cancer Research Foundation of America at <http://www.preventcancer.org/>

Goodbye and Good Luck to CDR Kole, Reserve HP Program

CDR Betty Kole, NC, USNR is completing her ADSW (Active Duty for Special Work) assignment as Naval Reserve Health Promotion Program Manager on 11 April 02. She has worked in our NEHC HP office for the past year organizing the structure of the program and promoting Health Promotion to Naval Reserve REDCOMs (Readiness Commands) across the country. An alignment plan that matches REDCOM HP coordinators and MTF HP coordinators has been developed and is vital to Total Force Integration of health promotion programming. To learn more about Reserve Health Promotion go to the web page at: <http://www-nehc.med.navy.mil/hp/reserve/index.htm>, download the quarterly Reserve HP newsletter, and check out the latest resources posted! "Fair Winds and Following Seas" to Betty who will be taking a new job as nurse educator/case manager in the Breast Clinic at NMC Portsmouth.



Recommendations for Preventive Health Assessment (PHA) Implementation

Administrative Message R261801Z MAR 02 provides Initial Medical Implementation Recommendation for PHA. This OPNAV message went out for widest dissemination. It references OPNAVINST 6120.3 which established the Navy and MC requirements for the Preventive Health Assessment. The Admin Message can be downloaded from our "Clinical Preventive Services" page on the web site at <http://www-nehc.med.navy.mil/hp/cps/policy&guidance.htm>.

Life cannot be hurried -Masai Proverb